



#CROSSFITGAMES

POWER SNATCH STRAWBERRY PROTEIN SMOOTHIE**\$6.50**

Strawberry, banana, spinach, almond milk, plant based vanilla protein, chia and milled flaxseeds
Strawberries, banana, plant-based vanilla protein Booster: CHIA SEED -energy, fiber and omega 3's!
Vegan, dairy-free and gluten-free!

FARMER'S CARRY CROSSFRITTATA**\$9.50**

White mushrooms, asparagus, spinach and yellow onion served with your choice of mixed greens or Madison Sourdough toast.

BOX JUMP BLT**\$8.50**

Fried egg on toasted Madison Sourdough bread with avocado mayo, green leaf lettuce, fresh tomato slices and crispy bacon.

POWER CLEAN BANANA PROTEIN WAFFLE**\$9.50**

Super charged protein waffle served with almond butter, Anderson's 100% pure maple syrup and sliced banana.

KETTLE BELL BACON AND SCALLION CHICKEN SALAD**\$10**

A creamy chicken salad made with avocado mayo, nitrate free bacon, and green onions served over a bed of spinach that is soy free, dairy free and completely Paleo and Whole30 friendly.

MADISON WELCOMES THE CROSSFIT GAMES

FOR A FULL MENU VISIT:
yolascafe.com



madisonsports.org/crossfit